ABSTRACT OF THE DISCLOSURE

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A retracting mechanism of a retractable includes an external barrel movable in an optical axis direction, an adjustment ring positioned in said external barrel and configured to be guided linearly in the optical axis direction without rotating, a stopper configured to set a rear movement limit of said adjustment ring with respect to said external barrel, a lens frame configured to hold a lens group, said lens frame configured to be screwed into said adjustment ring, a fixing ring fixed to said external barrel and configured to prevent said adjustment ring coming off said external barrel, and at least one spring positioned between said fixing ring and said adjustment ring and configured to bias said adjustment ring toward the rear movement limit of said adjustment ring with respect to said external barrel.